

Your essential daily news | TUESDAY, JANUARY 3, 2017 High 1°C/Low -2°C Mostly sunny



Public Safety



Parkland

THE HALIFAX AGENDA

Councillors weigh in on top priorities for HRM in 2017 metroNEWS



Transportation



Municipal Services

Moving in the right direction

SAFETY Zero pedestrian or cyclist fatalities in 2016 for Halifax



Yvette d'Entremont
Metro | Halifax

A Halifax transportation safety advocate is hopeful the statistic of zero pedestrian and cyclist fatalities in 2016 marks the start of a trend.

"I'm not aware of there being a zero before ... It has been a while, certainly the first time that anyone I spoke to can remember," Ben Wedge in an interview on Monday.

"Obviously that's a really great thing that happened. But

it comes across as a bit of a statistical blip. I'm kind of holding my breath a bit and hoping we do see this as kind of the start of a trend."

Wedge said although it's hard to pinpoint exactly why no cyclists or pedestrians were killed last year, he believes a few initiatives in recent years have helped make our roads safer.

Those include zebra crossings that make crosswalks more

prominent, and awareness campaigns like Heads Up Halifax. Wedge said Halifax isn't currently rebuilding its most dangerous intersections like some cities.

But he believes investments that physically protect pedestrians and slow down cars are effective. He said things like bump-outs (curb extensions) have proven helpful in reducing vehicle/pedestrian collisions.

Although bump-outs were im-

plemented on Cogswell Street and Devonshire Avenue during the past year, he believes more should be constructed throughout the city.

"We need to get cars down to safe speeds because the majority of people struck at 30 kilometres per hour survive the collision. The majority of people struck at 50 kilometres per hour do not," Wedge said. "It's about slowing those cars down so that if a driver

does make a mistake, the result isn't death."

The last pedestrian and cyclist deaths in the Halifax area occurred in late 2015.

In October of 2015, a 49-year-old cyclist was killed after being struck by a truck on Purcells Cove Road. In December that same year, a 24-year-old male pedestrian was killed after being hit by a truck in a Mumford Road parking lot.



Gliding into the New Year

JEFF HARPER METRO HALIFAX

Many Haligonians took advantage of a lieu holiday day Monday to lace up and hit the Emera Oval for a few laps before getting back to the daily work grind of 2017.

Now entering its fifth year of operation, the Emera Oval is always a popular destination for families.

More than 100,000 people used the oval each of the past two years, and the recently added pavilion — with its free rentals and warming areas — is a huge hit with skaters.

Aside from regular open skates, the oval also hosts speed skating on the weekend, as well as a family skate where strollers are allowed on the ice.

The skating schedule for the oval is available at Halifax.ca.



ON ICE

Skating off holiday fun

Sunny weather helped boost crowds Monday as the oval continues to be a must-visit place for many.

1 No school, beautiful weather and a holiday brought out young and old to the Emera Oval Monday.

2 The ice maintenance crew keeping things smooth.

3 Lacing up for a good time.

4 Morning sun casts shadows of skaters on the ice.



Big boats, birthdays and brawls — why 2017 packs a real punch

DATES FOR YOUR DIARY

City's hectic schedule will give all event junkies their fix



Philip Croucher
Metro | Halifax

It's a new year and if the thought of going back to work has you down, consider this a much-needed uplift.

Halifax is home to some great events in 2017 — and that's just the ones already announced. From UFC and Riverdance to CIS hoops and another tall ships festival, there are plenty of big events to look forward to in the coming months.

Here's a sample:

February

- 15 — Arkells at Scotiabank Centre. Tickets from \$44.25 to \$142.
- 19 — UFC Fight Night Dos Santos vs. Struve 2 at Scotiabank Centre: Tickets from \$48 to \$183.
- 24 — Measha Brueggergosman at Rebecca Cohn Auditorium. Tickets from \$36.50 to \$41.50.
- 25th — Blue Rodeo at Scotiabank Centre: Tickets \$72 and \$59.

March

- 3-5 — Atlantic University Sport men's and women's basketball championships at Scotiabank Centre: Tickets from \$16 to \$122.
- 6 — Billy Talent at Scotiabank Centre: Tickets from \$49.25 to \$248.75.
- 9-12 — Canadian Inter-



The coming 12 months will see all manner of events hit the Halifax area with, clockwise from above, the Tall Ships festival in July and August, the UFC Fight Night in February and Billy Talent in March. JEFF HARPER/METRO FILE/FACEBOOK

university Sport men's basketball championship at Scotiabank Centre. Passes from \$50 to \$150.

April

- 2 — Bubble Guppies at Rebecca Cohn Auditorium. Tickets from \$30 to \$35.
- 7 — Jeff Foxworthy and Larry The Cable Guy at Scotiabank Centre. Tickets \$79.25.

May

- 16-17 — John Prine, with special guest Amanda Shires

- 26-29 — Halifax Comedy-Fest.
- 28 — Stars on Ice at Scotiabank Centre. Tickets from \$12.50 to \$130.
- 29 — Harlem Globetrotters at Scotiabank Centre: Tickets from \$26.50 to \$312.50.

at Rebecca Cohn Auditorium. Tickets from \$81 to \$101.

- 18 — Charley Pride at Rebecca Cohn Auditorium. Tickets \$101.
- 26-28 — Riverdance at Scotiabank Centre: Tickets from \$64.75 to \$84.75.

June

- 29-30 — Royal Nova Scotia International Tattoo at Scotiabank Centre: Tickets from



\$28.50 to \$99.50.

July

- 1-6 — Royal Nova Scotia International Tattoo at Scotiabank Centre: Tickets from \$28.50 to \$99.50.
- 1 — Canada Day in Halifax as part of Canada 150 celebration. Details to be announced.
- 11-16 — TD Halifax Jazz Festival.

- 13-23 — Halifax Pride.
- 29-30 — Tall Ships in Halifax.

August

- 1 — Tall Ships in Halifax.
- 2-7 — Halifax International Buskers Festival.

December

- 6 — Halifax Explosion 100th anniversary commemorative event.

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Councillors list top priorities

GOVERNANCE

Transportation and youth retention are high on list



Yvette d'Entremont
Metro | Halifax

The question was a simple one. On Monday, Metro Halifax asked our 16 regional councillors the following by email: What should council's top priority be in 2017?

Due to the short time frame of our request and the fact many were still on vacation (or in vacation mode), we received email responses from seven of Halifax's 16 councillors by early evening Monday.

Here's what those who contacted us had to say.

David Hendsbee, District 2, Preston-Chezzetcook-Eastern Shore: "Strategic Parkland acquisitions for future generations to cherish."

Lorelei Nicoll, District 4, Cole Harbour-Westphal: "My priorities continue to be growing a sustainable economy, supporting entrepreneurship and youth retention. A strong transportation network is key to achieving these priorities, therefore, HRM's work on its Integrated Mobility Plan is where I would like to see a focus for 2017."

Tony Mancini, District 6, Harbourview-Burnside-Dartmouth East: "Reliable transportation needs to be a priority for 2017. We have been talking about being BOLD when it comes to transit. This needs to be the year to be BOLD."

Shawn Cleary, District 9, Halifax West Armdale: "There are several priorities that I



Halifax City Hall: Seven councillors weigh in on what they feel should be top priorities for council this year. METRO FILE



Coun. Lorelei Nicoll.
METRO FILE

have: Make our streets safer (includes, but not limited to: lowering speed limit on residential streets; connected



Coun. Matt Whitman.
METRO FILE

network of bike lanes; more crosswalks and easier process for traffic calming. Election campaign finance reform (caps

on donations, restrict sources of donations, spending limits, expense reporting, etc.). Fair commercial property taxation for businesses on our mainstreets and downtowns. I have many other things I hope to accomplish but these are my priorities."

Matt Whitman, District 13, Hammonds Plains-St. Margarets: "Council needs to focus on ensuring the ongoing economic & social success that we've been experiencing since 2012. HRM is the growth centre of NS and we need to continue to be productive for the benefit of all Nova Scotians. Grow the economy, deliver municipal

services efficiently, ensure a climate where businesses can do business, protect natural assets, keep taxes low and prosper."

Lisa Blackburn, District 14, Middle/Upper Sackville-Beaver Bank-Lucasville: "I'd like to see council take a leadership role in cutting out red tape in HRM. It's something I hear often from residents, especially those trying to start businesses. Too often things are done because it's the way they've always been done and not because it's the best course of action. Let's make 2017 the year common sense rules the day!"

Tim Outhit, District 16, Bedford-Wentworth: "The final-

izing and passing of the Integrated Mobility Plan. This long overdue vision is a coming together of plans and a road map for transit, our road network, future BRT, potential Commuter Rail and Active Transportation. This plan is critical to the successful implementation of the Regional Plan, the upcoming Centre Plan and a plan for the Bedford Waterfront. It will determine how we must integrate traffic and public-transportation planning with growth plans, densification planning, promotion of economic development zones and changes to HRM's development charges."

ENVIRONMENT

Noxious odour shuts down businesses

The Windsor Fire Department has been called to a downtown business complex again over a smelly odour.

Businesses located at 40 Water Street shut their doors Monday due to a heavy smell of fuel, which some people said was making them feel ill and dizzy.

The Windsor Fire Department was called to the building for the second time in five days.

Jamie Juteau, deputy fire chief, said they haven't been able to locate the source of the odour and he has called in the provincial Department of Environment to investigate.

“When I got outside in the fresh air, it felt like a relief. I was nauseated in there.”

Melissa Moore,
a barista at TAN Coffee

"We've canvassed the neighbouring businesses, basements, nothing has been located," Juteau said outside Reader's Haven. "We even checked out the lake (Pisiquid), but nothing was seen there."

Juteau said he believes the source of the odours may be migrating from somewhere underground, but couldn't confirm.

He said the Department of Environment have opened a file on the site as of Monday.

"Some of the workers of local businesses here had to be checked out by (paramedics)," he said.

Businesses including Reader's Haven and TAN Coffee have closed for the day and will likely remain so unless the situation is rectified soon.

Wendy Geddes, owner of Reader's Haven said she called 911 after she noticed the smell

remained after calling in a similar complaint earlier.

"It's the same thing as last week, we have a gassy smell in the store," Geddes said. "We tried opening up the doors to blow it out, but the (fire department) has no idea where the smell is coming from."

Geddes said the owner of the property has been made aware of the situation.

"My frustration is that this was going on last week and has been going on for over a week and nothing is being done," she said. "I can't work, which means I'll lose money. But I can't sit in that smell."

TC MEDIA

HALIFAX TRANSIT

Lost-and-found has moved to new home



Haley Ryan
Metro | Halifax

If you've lost something on a Halifax Transit bus or ferry, take note the lost-and-found hasn't disappeared.

It has just moved.

The municipality has announced that Halifax Transit's lost-and-found service has moved from the Burnside Transit Centre to the Dartmouth bridge terminal.

The lost-and-found service is

reopening Tuesday in a central kiosk at the terminal. The municipality said the relocation was intended to improve customer service "by positioning the operation in a more accessible location," according to a HRM media release.

The lost-and-found service operates Monday to Friday from 8 a.m. to 4 p.m. There is no emergency service outside of these hours.

Passengers are encouraged to call 902-490-6617 to inquire if a lost item has been turned in.

INVESTIGATION

Teen's death probed

Nova Scotia's police watchdog is investigating after a 15-year-old boy was found dead outdoors two days after being reported missing.

The province's Serious Incident Response Team says the boy was reported missing Friday in Sydney Mines and his body was found on an embankment Sunday morning.

A news release says the boy may have been present at a gathering of young people at a home in Sydney Mines last Wednesday.

It says police were called to the home regarding a complaint about an unrelated male, and upon arrival, people were seen fleeing the home despite requests from officers to remain at the scene.

The statement says because the boy may have fled the gathering as a result of the arrival of police and his body was found near the gathering location, the

investigation has been turned over to the Serious Incident Response Team.

The team's director Ron MacDonald says there is no evidence at this point that suggests the boy's death is suspicious, but the investigation is in its early stages.

MacDonald says the team will interview others who were at the gathering and an autopsy will be conducted Monday.

THE CANADIAN PRESS

+ WATCHDOG

The Serious Incident Response Team

is responsible for investigating all serious incidents involving police in Nova Scotia, whether or not there is an allegation of wrongdoing.

LAWUIT

Woman wins case vs. once-trusted groper

A Nova Scotia woman has won \$160,000 in damages from a once-trusted man nearly twice her age who sexually assaulted her.

"There is no rational explanation for his conduct other than simple selfish, callous lechery," Justice Gregory Warner said in a decision released Friday.

The woman, who was 23 at the time, sued the man after he forcibly touched her genitals when she booked a ride at his horse-riding stables on Sept. 14, 2010.

The man insisted she had come on to him, and he only touched her "on her belly."

But the Nova Scotia Supreme Court judge said he believed her.

"Her evidence ... make sense," the judge said. "His evidence made no sense whatsoever."

“...selfish, callous lechery.”
Justice Gregory Warner

The ruling noted the woman had been sexually assaulted twice previously and suffered from depression, but was social and enjoyed hobbies. But since the 2010 assault, her life spiralled "out of control." She had attempted suicide and was diagnosed with severe PTSD.

Criminal charges were dropped against the man, who was 54 at the time, because of her mental state, according to the ruling.

THE CANADIAN PRESS



Nicolas Trudel from Quebec City views a decaying nine-metre humpback whale carcass in Whale Cove on Dec. 29.

ANDREW VAUGHAN/THE CANADIAN PRESS

No 'great cause for concern': Scientist

FISH KILL

Yet there's still no cause determined for the deaths

Scientists have yet to find a cause for the massive fish kill off southwestern Nova Scotia, but one federal official said he doesn't think there is a reason to be concerned based on testing so far.

Kent Smedbol, manager of population ecology for the Department of Fisheries and Oceans (DFO), said that while the lack of an obvious cause is "perplexing," he doesn't personally believe there is

need for concern at this point.

"I can't speak for the department, personally at this point from most of the studies that have been undertaken, the evidence provided to date, I don't think there's a great cause for concern," Smedbol said in a news conference Friday.

Since late November, thousands of dead herring have been found in a 100-kilometre swath from St. Marys Bay to Tusket, with most found between the mouth of the Sissiboo River and Plympton. More recently, scores of starfish, clams and lobster have also turned up dead, and a dead whale also washed ashore on a beach in Whale Cove.

Smedbol said scientists con-

ducted testing on the Bay of Fundy on Thursday and preliminary results for temperature, salinity and dissolved oxygen came back normal.

A camera scan of the bottom of St. Marys Bay also showed normal conditions and an abundance of live lobster in the area.

"That would indicate that the die off was unlikely due to an environmental event, because you would expect more broad-scale die offs across species particularly in the benthos, animals on the bottom," Smedbol said. "Things seem to be pretty normal on the bottom of St. Marys Bay."

Derreck Parsons, a senior compliance program officer for DFO, said officers track-

+ OCCURRENCE

Fish kills are not uncommon, especially in fresh water, but the last kills of comparable size involving herring occurred in the Bay of Fundy in 1976 and 1979.

ing and collecting samples of the dead herring have noticed a change.

"It isn't appearing as if there's new observations of more dying or actively dying fish," said Parsons. "In all essence as far as we know it doesn't look like it (the fish die off) is increasing."

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On edge over free 150 entry

BIRTHDAY BASH

Nature lovers sound alarm for national parks in 2017

Parks Canada is preparing for an increase in visitors this year as people across the country and around the world request free annual passes to explore the nation's natural treasures as part of Canada's 150th anniversary celebration.

Conservationists say it is important for people to connect with nature, but there are concerns about how more tourists may affect the ecological integrity of some of the more popular parks.

Ben Gadd, a retired nature guide and author of *Handbook of the Canadian Rockies*, said he is worried about increased vehicle traffic.

"Clearly the highway system in the mountain parks — it is going to be terrible next summer all summer long," said Gadd, who has been hiking in the region since 1968.

"When you have that situation and animals trying to cross there are going to be more accidents, more animals killed."

Gadd said he is also concerned about crowded attractions, trash and people feeding or getting too close to wildlife.

He hopes there are enough staff to properly maintain the parks and to explain the rules



A video address by Prime Minister Justin Trudeau during New Year's Eve celebrations that kicked off Canada 150 on Parliament Hill in Ottawa. DAVE CHAN/TORSTAR NEWS SERVICE

to visitors, especially newbies.

According to Parks Canada, more than 900,000 people ordered a free Discovery Pass in the first two weeks after they became available last month.

The government predicts visits to national parks, historic

sites and marine conservation areas will top last year's attendance of about 24.5 million.

Eric Hebert-Daly, national executive director of the Canadian Parks and Wilderness Society, said the Parks Canada plan is a good idea in principle, but there are some dangers.

Some parks such as Banff, Jasper and the Bruce Peninsula in Ontario are already very busy. Adding more people could take away from their grandeur, he said.

Hebert-Daly said the government should consider better ways to handle traffic in busy parks, including the increased use of shuttle buses.

There are also not enough

wardens and scientists to monitor the health of the parks, he said.

"This may be the year where we realize just how overstretched some of these places are," Hebert-Daly said.

Canada's national parks have a long history of attracting tourists eager to view wildlife and wilderness. Increased media attention is expected to draw even more visitors.

National Geographic Traveler magazine has put the Banff area on its "Best of the World" list of 21 must-see places in 2017 and Parks Canada has been busy promoting on social media as part of the Canada 150 campaign.

On Dec. 1 so many people jumped online to get a free annual pass that the department's computer system slowed to a crawl.

Ed Jager with Parks Canada said staff know they are in for a busy year.

The number of cleaning and maintenance crews has been increased to ensure facilities will be kept in shape and that garbage doesn't attract wildlife, he said.

Jager said online orders for annual passes are being tracked to get a sense of which parks will see more traffic. Information about park rules is being sent to visitors.

THE CANADIAN PRESS

EQUALITY

Showing a different Parliament



As Canada marks 150 years as a country, Equal Voice is hoping to show them what a dramatically different Parliament could look like.

The organization, which encourages women to run federally, is bringing 338 young women from across the country to literally take a seat in Parliament on March 8, as part of a conference called Daughters of the Vote.

Jasmine van Schouwen, a law student at the University of Ottawa will represent her riding of Kanata-Carleton at the event. She said she hopes the event will show that there are women interested in office.

"There is a big myth that there aren't women who are qualified or interested in taking political office," she said. "It will be a beautiful image to see that there are women who are ready to take these positions."

Currently, women occupy 26 per cent of the seats in parliament. Van Schouwen said that low representation leaves a lot of issues off the agenda.

"It means that women's issues are often simply not discussed, but it also means that young girls don't have women to look up to."

She said, even if just briefly and symbolically, having every seat in Parliament occupied by a woman will show the system can change and be more representative.

Mary-Anne Carter, co-chair of the National Capital Region chapter of Equal Voice, said the event will include more than just the day in Parliament, but events designed to give women the tools to actually run for office.

+ HIDDEN GEMS

Parks Canada is trying to take heat off of more popular parks by promoting other, less-visited destinations.

The department has released a list of "10 hidden gems" across Canada for people to explore, including

the Mingan Archipelago National Park reserve in Quebec, L'Anse aux Meadows National Historic Site in Newfoundland and Labrador and Grasslands National Park in Saskatchewan.

LUXURY

Perfume maker bottles scents of Montreal

At first whiff, the traffic and grime of Montreal's busy downtown may not seem like the best inspiration for a luxurious perfume, but Claude-Andre Hebert begs to differ.

In honour of the city's 375th anniversary, the Montreal-based perfume maker has launched five scents, each inspired by a different area of the city.

One evokes the essence of bustling St-Catherine street, while others try to capture the romance of Old Montreal, the grandeur of old churches, or

the scent of the grass on Mount Royal. And how does one capture the scent of a city? Hebert says it starts with a story.

"I always start with a blank page and write a story, and every word that's important in the story is transformed into an ingredient," he said from behind the counter of his St-Denis street boutique.

Hebert, 47, said he started his own line in 2002 after realizing that most perfume makers focus more on ingredients than on inspiration. THE CANADIAN PRESS

EMPLOYMENT

Few sanctions in new foreign worker program

A year after Ottawa rolled out a new scheme to crack down on employers violating the rules of the temporary foreign worker program, only three businesses have been fined or banned for non-compliance.

Advocates and critics said the changes introduced by the former Conservative government were ineffective, and were put in place merely to convince the public something was being done to prevent employers from abusing the program.

As of the end of November, three employers had been found by the federal government to

be non-compliant: Obeid Farms in Vanessa, Ont.; a Dairy Queen franchise in Prince Albert, Sask.; and the Regent Hotel in Revelstoke, B.C. While Obeid was given a two-year ban on bringing in migrant workers, the Dairy Queen was fined \$1,250 and the hotel was fined \$750.

A lawyer for Obeid declined to comment, citing the farm's ongoing litigation against the federal government. The Dairy Queen

franchise did not respond to a request for comment about the allegations. The hotel also declined to comment.

On Dec. 1, 2015, Immigration, Refugees and Citizenship Canada, in collaboration with Employment and Social Development Canada, introduced a points system for assessing employer compliance based on the type of violation, history, severity, company size and whether the business co-operates with

120

The Immigration Department said it has received more than 120 tips regarding non-compliance.

investigators.

In addition to publicly naming employers alleged to have broken the law, the new regulations include a range of penalties, from a fine of between \$500 and \$100,000 per violation to a ban from the program from one to 10 years and the revocation of previously issued work permits.

To date, 926 investigations — generally document-based but in some cases involving workplace visits — were initiated, it said. The Employment Department also launched over 2,300 investigations of its own.

TORSTAR NEWS SERVICE

BAGHDAD

Dozens killed in bombing

A suicide bomber driving a pick-up loaded with explosives struck a bustling market in Baghdad on Monday, killing at least 36 people in an attack claimed by Daesh hours after French President Francois Hollande arrived in the Iraqi capital.

The bomb went off in a fruit and vegetable market that was packed with day labourers, a police officer said, adding that another 52 people were wounded.

During a press conference with Hollande, Prime Minister Haider al-Abadi said the bomber pretended to be a man seeking to hire day labourers. Once the workers gathered around, he detonated the vehicle.

Daesh claimed the attack in a statement circulated on a militant website often used by the extremists. It was the third Daesh-claimed attack in as many days in and around Baghdad, underscoring the lingering threat posed by the group despite a string of setbacks elsewhere in the country over the past year, including in and around the northern city of Mosul.

Shiite militiamen loyal to Muqtada al-Sadr, the firebrand cleric for whose family the neighbourhood is named, were seen evacuating bodies in their trucks before ambulances arrived. Dead bodies were scattered across the bloody pavement alongside fruit, vegetables and labourers' shovels and axes. A minibus filled with dead passengers was on fire.

Asaad Hashim, an owner of a mobile phone store nearby, described how the labourers pushed and shoved around the bomber's vehicle, trying to get hired.

"Then a big boom came, sending them up into the air," said the 28-year-old, who suffered shrapnel wounds to his right hand. THE ASSOCIATED PRESS



Mourners carry the flag-draped coffin of one of the victims of the attack at a nightclub on New Year's Day on Monday in Istanbul. Turkey's state-run news agency says police have detained eight people in connection with the attack. EMRAH GUREL/THE ASSOCIATED PRESS

New Year's attack marks beginning of 'open war'

TURKEY

Daesh claims responsibility for shooting in Istanbul club

Daesh claimed responsibility Monday for a mass shooting at an Istanbul nightclub that killed 39 people, most of them foreign tourists, including a Canadian woman, who were ringing in the new year. It was the first claim of its kind for Daesh in Turkey.

The group said Christian revellers were targeted in response to Turkish military operations against Daesh in northern Syria. The claim came after a Daesh

propaganda video urging attacks on Turkey, which is home to an airbase used in the U.S.-led effort against Daesh in Syria and Iraq.

Nearly two-thirds of the dead in the upscale club, which is frequented by local celebrities, were foreigners, Turkey's Anadolu Agency said. Many of them hailed from the Middle East.

Citing Justice Ministry officials, Anadolu reported that 38 of the 39 dead have been identified. The report said 11 of them were Turkish nationals, and one was a Turkish-Belgian dual citizen.

The report says seven victims were from Saudi Arabia; three each were from Lebanon and Iraq; two each were from Tunisia, India, Morocco and Jordan. Kuwait, Canada, Israel, Syria and

Russia each lost one citizen.

The nightclub assailant, armed with a long-barrelled weapon, killed a policeman and a civilian early Sunday outside the Reina club before entering and firing at some of the estimated 600 people inside.

Daesh group boasts of having cells in Turkey, regularly issues propaganda in Turkish and is believed to have hundreds of Turks in its ranks. But until now, the main act of aggression it had claimed in Turkey was the March 2016 killing of a Syrian journalist and an attack on riot police in the province of Diyarbakir, which Kurdish militants also claimed.

For some analysts, the claim of responsibility signalled a shift in Daesh strategy in Turkey, a

predominantly Muslim nation.

"It's a new phase," security analyst Michael Horowitz said. "What we saw before was an undeclared war, and now we're entering an open war."

The Daesh claim said only that the attacker was a "soldier of the caliphate" who struck to "let infidel Turkey know that the blood of Muslims that is being shed by its airstrikes and artillery shelling will turn into fire on its territories."

By attacking as the nation was celebrating the new year, the group indicated that it intends to continue being a "scourge" against Turkey in 2017, said Turkish Deputy Prime Minister Numan Kurtulmus.

THE ASSOCIATED PRESS

Milton woman among victims

The Canadian killed in the New Year's attack on an Istanbul nightclub has been identified as Alaa Al-Muhandis, from Milton, Ont.



Alaa Al-Muhandis

Several media outlets are reporting that the mother of two was among the 39 killed when a gunman opened fire at a popular Turkish club during New Year's celebrations.

In a statement Sunday, Prime Minister Justin Trudeau confirmed that a Canadian had been killed in the attack and offered his condolences to the "families and friends of all of the victims of this horrible act."

On Twitter, Milton MP Lisa Raitt gave her "sincere condolences to Alaa Al-Muhandis's family and neighbours."

TORSTAR NEWS SERVICE

IN BRIEF

Scarface the dog attacks family over sweater

Police in Florida say a dog named Scarface attacked a family who tried to put a sweater on it. Tampa police say the pit bull mix bit a 52-year-old woman who was trying to dress it and her husband was attacked while pulling the dog off her. The couple's 22-year-old son was attacked trying to stop the dog by stabbing it in the neck and head. The three escaped the house and left the dog in the backyard. They ended up in hospital. THE ASSOCIATED PRESS

ALABAMA

Band marches toward inauguration controversy

The marching band of Alabama's oldest private, historically black liberal arts college has accepted an invitation to perform at President-elect Donald Trump's inaugural parade, organizers said.

Talladega College's band will march at Trump's inauguration as other historically black schools such as Howard University, which performed at President Barack Obama's first inaugural parade, said they won't be marching in the Jan. 20 event.

"We were a bit horrified to hear of the invitation," said Shirley Ferrill of Fairfield, Alabama, a member of Talladega's Class

of 1974.

"I don't want my alma mater to give the appearance of supporting him," Ferrill said of Trump on Monday. "Ignore, decline or whatever, but please don't send our band out in our name to do that."

The move has lit up Talladega College's social media sites with a sharp debate about the band's decision to participate in the parade. Some people voiced strong opposition, while others support the band's participation.

"After how black people were treated at Trump's rallies, you're going to go and shuck and jive

down Pennsylvania Avenue? For what?" Seinya SamForay said in an interview. "What they did is a slap in the face to other black universities." SamForay, of Chicago, was among dozens of people commenting on the school's social media sites.

The Presidential Inaugural Committee announced Friday that the Talladega College Marching Tornadoes was among 40 groups, including high school bands and military organizations, scheduled to perform in the parade. Some members of the Marist College band in upstate New York, also scheduled to

perform at the inauguration, say they won't participate, a school spokesman said Monday.

Ron White of Atlanta, a 1997 graduate of another historically black college, Fort Valley State University in Georgia, said he questioned why band members from Talladega "should be playing all these patriotic tunes for someone who has degraded us."

At the same time, though, White said he respects the office of the president and he hopes that Talladega's band does well.

"What they should do in my opinion is play that national anthem the best way they've

ever played it in their life, because you're basically saluting the country," White said in an interview.

The nation's historically black colleges and universities instill in students the idea that "ignored behaviour is condoned behaviour," said Reese Walker of Memphis, who marched in the band at Mississippi Valley State University. That's one reason he doesn't think Talladega College should participate.

Talladega College officials haven't returned several phone calls and emails seeking comment. THE ASSOCIATED PRESS

At least 56 inmates killed in prison riot in Brazil

CRIME GANGS

Some victims were beheaded, dismembered

An attack by members of one crime gang on rival inmates touched off a riot at a prison in the northern state of Amazonas, leaving at least 56 dead, including several who were beheaded or dismembered in the worst bloodshed at a Brazilian prison since 1992.

Authorities said the riot that raged from Sunday afternoon into Monday morning grew out of a fight between two of the country's biggest crime gangs over control of prisons and drug routes in northern Brazil.

In a separate incident Monday evening, four inmates were killed at another Amazonas prison. Police were investigating whether there was a connection between the mass killings at the Anisio Jobim Penitentiary Complex and the later ones at Unidade Prisional do Puraquequara.

Amazonas authorities initially reported 60 dead in the Anisio Jobim prison in Manaus, but the state public security secretary's office later reduced that figure to 56. Officials also said 112 inmates escaped during the riot.

There were 1,224 inmates in the prison, which was built to hold 592, Amazonas state public security's office said. The prison is run by a private company that is paid according to the number of inmates.

Twelve prison guards were held hostage by the inmates during the riot, though none was injured.

"This is the biggest prison



The wife of a prisoner who was killed in a riot cries outside Anisio Jobim Penitentiary Complex in Manaus, Brazil, on Monday. It was the worst violence at a Brazilian prison since 1992. EDMAR BARROS/FUTURA PRESS VIA THE ASSOCIATED PRESS



I never saw anything like that in my life. All those bodies, the blood.

Judge Luis Carlos Valois

massacre in our state's history," Public Security Secretary Sergio Fontes said at a news conference. "What happened here is another chapter of the war that narcos are waging on this country and it shows that this problem cannot be tackled only by state governments."

Fontes confirmed that many of the dead had been beheaded.

Judge Luis Carlos Valois, who negotiated the end of the riot with inmates, said he saw many bodies that had been quartered.

"I never saw anything like that in my life. All those bodies, the blood," Valois wrote on Facebook.

It was the largest death toll during a Brazilian prison riot since the killing of 111 inmates

by police officers in the Carandiru penitentiary in Sao Paulo in 1992. Police said they acted in self-defence then.

Two other prisons in Manaus also reported riots since Sunday. At one, 72 prisoners escaped, including an inmate who posted a picture of himself on Facebook as he left. Amazonas police were also looking for any links between those two incidents and the riot at Anisio Jobim.

Authorities said that of the 184 inmates who escaped Amazonas prisons the last two days,

only 40 had been recaptured.

Fontes said the inmates at Anisio Jobim made few demands to end the riot, saying that hinted at a killing spree organized by members of a local gang, the Family of the North, against those of the First Command of the Capital that is based in Sao Paulo.

Valois said that during the negotiations at Anisio Jobim, inmates asked only "that we did not transfer them, made sure they were not attacked and kept their visitation" rights.

THE ASSOCIATED PRESS

VIDEO

Myanmar vows to act on police beating

Myanmar's government has vowed to take action against police officers shown beating villagers in a video that has circulated on the internet.

A front-page story on Monday in the state-owned Global New Light of Myanmar newspaper about the Nov. 5 incident was a rare official acknowledgment of abuses taking place in the western state of Rakhine. The authorities have been conducting counterinsurgency operations there since an attack in October by unidentified armed men killed nine border guards.

1,000

Human rights groups accuse security forces of abuses against the Muslim Rohingya minority in Rakhine, including rape, killings and the burning of more than 1,000 homes. Myanmar authorities have said accounts of abuses are unhelpful exaggerations spread by foreign media.

Monday's story, which cited the office of State Counsellor Aung San Suu Kyi The country's leader — and police, did not say what punishment the police might face, only that "measures are being taken to take action against those who violated police force rules."

The story said the video clip was recorded by a police constable.

It said the "clearance operation" in the area of Maungdaw township leading to the incident began after six attackers on three motorcycles shot at 11 policemen on Nov. 3, killing one police corporal and wounding another.

The account said that police, acting on a tip, then raided a village looking for the attackers. It added that they were told that in the same village lived a man who distributed "fake information" and placards to fuel a protest there when diplomats visited on Nov. 3.

"The operation also uncovered six machetes, one knife and one spear," the story said. "Following the operation, the police released the remaining villagers and urged them to support community peace in the village."

It did not make clear how many villagers were detained or charged.

THE ASSOCIATED PRESS

ISRAEL

Police question Netanyahu over corruption allegations



Israeli Prime Minister Benjamin Netanyahu chairs a weekly cabinet meeting in Jerusalem Sunday. THE ASSOCIATED PRESS POOL

Israeli Prime Minister Benjamin Netanyahu was grilled by police investigators for over three hours at his official residence Monday night, opening what could be a politically damaging criminal investigation into suspicions that he improperly accepted gifts from wealthy supporters.

Netanyahu has repeatedly denied wrongdoing, but the involvement of the national fraud squad indicated questions raised about him are considered serious enough to merit an investigation. Police said Netanyahu was ques-

tioned "under caution," a term signalling that anything he said could be used as evidence against him.

Israel's Justice Ministry later issued a statement saying Netanyahu was questioned "on suspicion of receiving benefits from business people."

The ministry said investigators also had looked into suspicions of campaign finance irregularities and double billing for travel expenses, but determined there was not enough evidence to merit criminal charges.

THE ASSOCIATED PRESS

+ RESPONSE

Netanyahu has denied what he calls "baseless" reports about the investigation.

"We are hearing the celebratory mood and the atmosphere in the television studios and the corridors of the opposition, and I would like to tell them, stop with the celebrations, don't rush," he told a meeting of lawmakers from his Likud Party earlier Monday.

What to expect from tech in 2017

CONSUMER ELECTRONICS

TVs, cars and more virtual reality in this year's show

When the annual Consumer Electronics Show takes over Las Vegas on Thursday, the state of our technological nation will be on full display through countless devices and gizmos.

Everything from new product unveilings to decrees from industry associations to all sorts of goofy gadgets are sure to capture the technorati's attention — at least for a nanosecond until they move onto the next bright shiny object.

There may be some true innovations, but technology really is a copycat culture, with electronics companies striving to make sure they at least match their competitors, products lines, and, hopefully, improve on them. In many cases, it's evolution not revolution. At the very least, CES provides a starting road map for consumer technology in 2017. Here are some of the things we expect to see.

SCREEN SCENE

Despite the proliferation of screens of all sizes, televisions are still a huge part of CES. Though the top-end TVs might steal the show, the exposition is also the place to watch for what real people may be going to buy.

This year, 4K will become the standard base model for a lot of manufacturers. There will



Visitors look on as a robot makes coffee with a Bonavita pot during the first day of the Consumer Electronics Show (CES) in Shanghai on May 11, 2016. AFP/GETTY IMAGES

also likely be more discussion of High Dynamic Range, which is the technology that enhances the colour spectrum on TVs. Currently, there are two competing standards, Dolby Vision and HDR 10. Possibly something will shake out at the CES and one standard can be decided on.

Other than that, expect TVs to get even bigger and thinner, as they become the sheets of glass

that all modern TVs aspire to be.

IT'S THE WHEEL DEAL

CES has become more and more of an auto show, with high-tech concept cars and likely plenty of announcements surrounding self-driving car technology expected this year.

Beyond the goal of a driverless car, there will likely be plenty of announcement of new in-car tech and dashboard apps and

several car manufacturers and their technology partners.

Faraday Future, which launched with a concept car last year, has said it will show off a production model electric vehicle this year.

REALITY, VIRTUAL OR REAL

With the first wave of headsets out there, the big news will likely be around content, with some of the main players an-

nouncing deals to bring more stuff to people who strap on their headsets.

But CES is much more hardware and gadget focused, so we are also probably going to see a number of headsets from manufacturers who have yet to take the leap, including the likes of HP, Dell, Asus and Lenovo.

While the bigger name manufacturers look to compete with

the Oculus Rifts and HTC Vives in the VR world, the other area that's likely to show some action is augmented or mixed reality. At its most basic, these are technologies that can overlay information or images on the real world.

WEARY WEARABLES

Pokemon Go was this year's breakthrough augmented reality app, but proponents of the technology have huge hopes about how it can change the way we interact with the world. One hypothetical example would be a map app that displayed directional arrows on a car's windshield.

It has been a rough year for the wearable segment, particularly in the past few months, as the shine is off smart watches and fitness trackers. Many people who have bought fitness trackers, typically stop using them over time. As well, manufacturers are moving away from Android Wear, or not offering updates to their product lines, to wait and see if a competitor can find a way to entice consumers into the segment.

Despite the underwhelming nature of the devices, people have been buying and trying them, which means there is still a big opportunity out there. Expect more smart clothing and so called invisible computing, where the technology is less obtrusive and uses small sensors to track all sorts of things.

There will be no doubt plenty of wearables, but the question is what improvement will set this segment back on track?

TORSTAR NEWS SERVICE

UNEMPLOYMENT

Finland to pay basic income to jobless

Finland has become the first country in Europe to pay its unemployed citizens a basic monthly income, amounting to 560 euros (\$587), in a unique social experiment that is hoped to cut government red tape, reduce poverty and boost employment.

Olli Kangas from the Finnish government agency KELA, which is responsible for the country's social benefits, said Monday that the two-year trial with the 2,000 randomly picked citizens who receive unemployment benefits kicked off Jan. 1.

Those chosen will receive 560 euros every month, with no reporting requirements on how they spend it. The amount will be deducted from any benefits they already receive.

The average private-sector income in Finland is 3,500 euros per month, according to official data.

Kangas said the scheme's idea is to abolish the "disincentive problem" among the unemployed.

The trial aims to discourage people's fears "of losing out something," he said, adding that the selected persons would continue to receive the 560 euros even after receiving a job.

A jobless person may currently refuse a low-income or short-term job in the fear of having his financial benefits reduced drastically under Finland's generous but complex social security system.

"It's highly interesting to see how it makes people behave," Kangas said. "Will this lead them to boldly experiment with different kinds of jobs? Or, as some critics claim, make them lazier with the knowledge of getting a basic income without doing anything?"

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BRENT TODERIAN ON HOW MATH CAN HELP BUILD GREAT CITIES



The math suggests that we've been doing a lot of things wrong. And the same math can help us understand how to do it better.

First, an admission: When I was in school, math was my least favourite subject.

But these days, as someone who advises cities and best-practice developers around the world on what I call "advanced urbanism," math just might be my favourite thing to talk about.

That's because when it comes to designing and building smarter and more successful places, we understand more about the quantifiable science of cities — the "math of city-making" if you will — than ever before.

When it comes to great cities, I'm the first to point out that not all that counts can be counted. But most of the things we can count lend support to smarter ways of thinking about how our cities grow and change. To be blunt, the math suggests that we've been doing a lot of things wrong. And the same math can help us understand how to do it better.

Here are just a few examples:

■ A common political argument is that bike and transit riders should "pay their own way." A study in Vancouver, however, suggested that for every dollar we individually spend on walking, society pays just one cent. For bik-

Over the last decade, Canadian cities have been doing the hard math on the real costs of how and where they grow — not just up or out, but how smarter design choices save costs.

ing, it's eight cents, and for bus-riding, \$1.50. But for every personal dollar spent driving, society pays a whopping \$9.20! Such math makes clear where the big subsidies

design choices save costs. The resulting math has been powerful, revealing that tens of billions of dollars in public money have been spent on car-dependent suburban

you apply cold hard counting to the conversation. And that's before we even get to the many intangible and uncountable (but equally well-demonstrated) benefits



SKYLINE OF HALIFAX. Many of the biggest fear-based myths raised in city-building conversation are shown to be untrue when you apply cold hard math to the conversation. iStock

are, without even starting to count the broader environmental, economic, spatial and quality-of-life consequences of our movement choices. The less people need to drive, the less we all pay.

■ Another study in Copenhagen (where the full cost of transportation choices are routinely calculated) found that when you factor in costs like time, accidents, pollution, and climate change, each kilometre cycled actually gains society 18 cents!

■ Over the last decade, Canadian cities like Calgary, Edmonton, London, Halifax, Regina and Abbotsford have been doing the hard math on the real costs of how and where they grow — not just up or out, but how smarter

growth rather than on smart infill — and I haven't even yet seen such a study that includes *all* the full and life-cycle costs of our growth choices. Once these shocking numbers are revealed, municipal leaders can't "unknow" them, no matter what political ideology you live by.

Want more examples? There's math showing that replacing on-street parking with safe, separated bike lanes is good for street-fronting businesses. That crime goes down as density goes up. That you can move more people on a street when car lanes are replaced by well-designed space for walking, biking and transit.

Many of the biggest fear-based myths that get raised in city-building conversation are shown to be untrue when

of smarter city-making. It's important to remember that if we just throw a lot of numbers around, people can easily fall asleep. I sure would.

But when you combine this unprecedented understanding of the math of cities, with a much more engaging, personal and persuasive approach to story-telling, then the conversation can get much more interesting and successful.

So that's why I now love math. If we're not boring about it, it can add up to much better cities.

Brent Toderian is a leading national and international city planner and urbanist with Toderian UrbanWORKS; Vancouver's former chief planner; & the President of the Council For Canadian Urbanism.

Build villages, not bedroom communities

HALIFAX MATTERS

Tristan Cleveland



I committed heresy over the Christmas break.

Neighbours were discussing what the government could do to encourage growth in rural communities like where I am from, Northwest Cove in Lunenburg County, and I said the government shouldn't.

It's a testament to their good nature that they neither tied me to a stake nor lit a match. But let me share my logic: We need to encourage rural growth, but we should be careful where we do.

Every time there is new development where I am from, people express legitimate concerns. New homes replace forests with grass, add more traffic, risk polluting water, and can undermine the view.

Homes also bring benefits, not least the potential for new friends. But in a place like Northwest Cove, the usual reasons to want more people don't really apply. The schoolhouse and three shops we had in the 1950s all shut down after the paved road was introduced, so there's now no local school or retail to support, and there certainly isn't transit.

If growth stems from an uptick in the fisheries, tourism, or other local business, then wonderful. If, however, new residents spend and earn nearly all their money elsewhere — as is often the case — then they contribute to somewhere else's economy.

ic success while we bear the impacts of development.

Compare this situation to Hubbards, the community everyone back home shops at. It has a grocery store, pharmacy, farmer's market, bar, antique store, doctor's office, library, restaurant and more.

While both a resident of Northwest Cove and Hubbards will support those businesses, one living in Hubbards will bring more prosperity at less cost. They have the option to walk, which means greater customer loyalty, a healthier lifestyle, and far lower greenhouse gas emissions. It costs less to bring them basic services. New homes there do less damage to natural beauty, which is the thing most folks moved to St. Margaret's Bay to enjoy.

But perhaps most important, new residents in Hubbards can help get the ball rolling on a self-sustaining rural economic success. While the resource economy is keeping fewer and fewer people in rural Nova Scotia, we need to focus on new strategies, like quality of life.

A village that can offer unique local businesses supported by a strong community with access to clean lakes and unspoiled views is a mix that just might work.

Some people want large lots far from anyone, and that's fine, but if we're talking about what government should actively encourage, let's make it the dynamic rural villages with the greatest potential for sustainable success.

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SKINCARE

Pseudo-science behind 'clean' beauty product trend: Experts

Melissa Dunne
For Metro Canada



Gwyneth Paltrow once infamously bragged about having the butt of a 22-year-old stripper, but perhaps she should have been bragging about having the skin of a 30-ish model.

Whether you love or hate the actress-cum-entrepreneur, one has to admit the skin of the 44-year-old looks ah-mazing on the cover of the new book *Goop Clean Beauty*, released last week.

The sleek tome, by the editors of her popular lifestyle publication *Goop* with a foreword by Paltrow, devotes a large chunk to the supposed superiority of "clean ... organic, non-toxic" beauty products.

Paltrow, or GP as she likes to call herself, is the latest in a long line of celebs to pitch "clean" makeup and skincare products to average Janes who don't have the skin of a star, but would like to.

Dr. Julia Carroll, a dermatologist with Compass Dermatology in Toronto, says there is immense interest, with patients asking her every day about these kind of products.

"GP's Essential Six" skincare items will cost you about \$1,000. Is it worth it? Likely not, said Timothy Caulfield, author of *Is Gwyneth Paltrow Wrong about Everything?*

The beauty products industry, both in Canada and the U.S., has little government

'Clean' beauty claims: To be taken with a grain of Himalayan crystal salt



It's about profit. They're fear mongering.

Dr. Julia Carroll of Compass Dermatology in Toronto

regulation and consequently companies and celebrities have a very wide berth to make all sorts of "sciencey-sounding"

claims, he said.

Celebs like Paltrow and Jessica Alba are using fear, pseudo-science, and guilt to sell products to make a lot of money, said Caulfield in a phone interview from Calgary, where he is a Canada Research Chair in Health Law and Policy and a professor in the Faculty of Law and the School of Public Health at the University of Alberta. Carroll concurs.

"It's about profit," said the

skincare expert in a phone interview. "They're fear mongering."

Carroll advises you take the often-outlandish claims of stars trying to sell you pricey beauty products with a very large grain of Himalayan crystal salt.

Let's face it — no amount of product is likely to give you GP's skin or butt. If you have an actual skin problem, see an actual dermatologist.



BRANDS

Juice Beauty

Gwyneth Paltrow teamed up with Juice Beauty to release makeup and skincare products in collaboration with Goop. The packaging is all clean lines and clear fonts that connote that these "organic, non-toxic" products look very pretty and will definitely cost you a pretty penny.



Honest Beauty

The Honest Company was co-founded by actress Jessica Alba and sells products made without a long list of what Honest Co. claims are "potentially health-compromising chemicals or compounds." Alba and co. are clearly onto something as Unilever PLC was reportedly in talks this fall to take over the brand for a valuation of about \$1.35 billion.



RMS Beauty

RMS Beauty was founded by makeup artist Rose-Marie Swift and sells what it calls organic colour cosmetics. The company states that all of their beauty products are: gluten free (with the exception of the volumizing mascara), GMO free, soy free, and nano free. Supermodel Gisele Bündchen is among stars who have endorsed the items, bearing the minimalist RMS logo.



BRAIN INJURIES

Push for sharper focus on effects of female concussions

Katherine Snedaker says she has had 20 concussions, the first three decades ago from a car accident when she was 16. But it wasn't until her son suffered a series of concussions in the sixth grade, around 2008, that she felt compelled to learn all she could about head injuries to help him recover.

During her journey of learning, she has become a nationally known advocate for better research, medical care, and support for girls and women with brain injuries, including concussions.

She founded her non-profit advocacy group PINK Concussions in 2013 in response to what she discovered was a lack of focus on female concussions. She formed the group during a yearlong medical leave to treat breast cancer and while rebuilding her home, damaged by Superstorm Sandy.

Some studies show females suffer more concussions than males when playing similar sports. Doctors agree more research is needed on any gender differences and whether women experience more severe symp-

toms or take longer to recover.

Most research has focused on men, especially dozens of former football players who died from a degenerative brain disease that has been linked to concussions.

"There's a lot we don't know," said Snedaker, 49, a clinical social worker who gave up her regular job to advocate full-time at her own expense. "What I wanted to do was educate the public."

Snedaker has sought to keep a light shining on the need for more research, better medical care, and more community support for girls and women with

concussions and other brain injuries suffered through sports, military service, domestic violence and accidents. She has organized several conferences that have brought together medical experts and military leaders she has met, done dozens of media interviews, and launched a website — Pink Concussions — to share information.

In March, Pink Concussions will hold its second annual international summit on female concussions and traumatic brain injuries; it will be hosted by the National Institutes of Health.

A major impetus to Snedaker's activism has been hearing stories in support groups and in surveys from women and girls suffering from concussions. Many shared similar stories of not healing as fast as people thought they should, doctors minimizing their conditions and feeling isolated while recovering at home, she said.

"These girls had been cycled through the medical community and kind of spit out," Snedaker said. "What totally got me were these women who were isolated and alone." THE ASSOCIATED PRESS

\$30 million

A \$30 million, three-year study being done by the NCAA and Department of Defence is being billed as the largest ever of concussion in sports. Preliminary results are expected in late January with doctors indicating it may lead to rule changes and international guidelines on prevention and treatment.

NEW YEAR PLANS

Resolutions without the cost

With the dawn of a new year, it's natural for people to see a bigger, better version of themselves over the next 12 months. But some of the most common promises we make can be costly. Here is how to keep them without breaking the bank:

Eat healthier

While food prices have been falling recently, they're expected to swing up again in 2017, which could make it more expensive to maintain a healthy diet. But it's possible to eat well on a budget, says Leanne Brown, author of the cookbook *Good and Cheap*. "The No. 1 thing you can do is really begin to embrace cooking," she says, encouraging the use of raw ingredients over processed ones as the latter tend to cost more. Other tips include buying items that can be used in multiple recipes, such as canned tomatoes; buying in bulk if possible; and slowly building a pantry full of staples. She suggests purchasing produce that's in season and always having eggs in the fridge, as they're a cheap and easy-to-cook source of protein. Before heading to the store, Brown recommends checking what produce is left in the house and figuring out a way to use leftovers, even if they're slightly wilted, to reduce waste.

Boost net worth

Canadians continue to rack up record amounts of debt, so it shouldn't be surprising that some may want to pay back their creditors or stash away a nest egg for the future. A DIY approach that doesn't require shelling out for a financial adviser or planner can work.



Shannon Lee Simmons says boosting your net worth doesn't have to be that complicated. FRANK GUNN/THE CANADIAN PRESS

"It doesn't have to be that complicated," says Shannon Lee Simmons, founder of the New School of Finance, a Toronto-based business that offers fee-only planning and personal finance e-courses. "You could do this all yourself with just an Excel spreadsheet." For those looking for something more advanced, and willing to spend some money, Simmons says there are plenty of online courses that guide students through financial literacy basics or target specific life stages, like planning for a baby or house purchase.

Get fit

Boutique gym memberships, personal trainers and high-tech equipment can cost a bundle, but working out can be effective on any budget. There's a plethora of free or inexpensive exercise videos on the Internet people can follow along with at home, says Simmons. For people who want to learn from a personal trainer before starting to work out at home, Simmons recommends finding an expert willing to barter. Those wanting the

camaraderie of a fitness class can scour coupon sites like GroupOn for deals or buy a pass like ClassPass that allows users to sample a wide range of gyms, she says.

Read more

It's not necessary to have a shiny, new e-reader and shelves of the latest books to be well-read. There are plenty of free or inexpensive options for stocking up on literature. Ask friends and family to swap or borrow books — also a good way to stumble into new genres — or shop in second-hand stores rather than buying new. Visit the local library. They also often lend e- and audio-books and passes to local attractions. Check to see if there are any so-called little free libraries in the neighbourhood — they come in the form of little wooden boxes often outside a home, filled with books for passersby to "take a book, return a book," according to the Little Free Library, an American non-profit organization that promotes literacy.

THE CANADIAN PRESS



An old tip jar at a coffee shop in Toronto makes a compelling argument for tipping. But the issue has become more complex this year. TORSTAR NEWS SERVICE FILE

Would you like to tip zero per cent?

HOSPITALITY

Industry split on moving to non-gratuity model

Restaurant owners are grappling with the thorny and complex issue of balancing the huge discrepancy in income between servers and kitchen staff created by the current practice of tipping.

Front-of-house staff generally receive a gratuity of between 15 per cent and 22 per cent while cooks who make the food may labour for minimum wage.

"The truth is labour costs are going up, minimum wages are going up, restaurant margins are going down, and so in order to close that gap and keep people working in the kitchen, restaurants are going to start taking control of that tipping revenue as a way of just making sure they can continue to meet labour costs," says Mike von Massow, a professor in the department of food, agriculture and resource economics at the University of Guelph.

The issue of tipping differs depending on the industry sector — fine dining, casual or quick service.

"And even within the certain sectors — we've done some surveys and whether to

move to a non-tipping model or not — our industry is split almost evenly on the issue," says Mark von Schellwitz, vice-president for Western Canada for Restaurants Canada, who is based in Vancouver.

"There's certainly no consensus on which way to go."

Proposed models include a hospitality charge, profit sharing or a hybrid plan in which there's a moderate increase in pricing along with a small service charge.

"I'm very much in favour of cooks and waiters and all restaurant employees making a living wage, which many of them don't at this time," says Anthony Bourdain, host of *Parts Unknown* which airs on CNN.

"Is the no-tipping, service-included plan the way to get there? I don't know. I'm open-minded about it. I tip 30 per cent. Everyone should, in my view, but absent that, I suspect it's the future."

Dining chain Earls launched a 16 per cent hospitality charge in July at its 67th location, in downtown Calgary, to test the waters.

Craig Blize, vice-president of operations says the experiment, which the company will begin to evaluate in January, has been "polarizing."

"A lot of our staff love it. Our kitchen staff definitely loves it and our support staff loves it and the majority of

the servers do as well," says Blize, who is based in Vancouver.

"There have been some staff that have been disgruntled or haven't liked that option so we have moved them to other Earls where we do have tipping." There are no plans to roll the policy out to other locations.

Meanwhile, some guests love the all-inclusive charge while others "despise" it because they feel they've lost control over recognizing the service they've received. Earls.67 will waive the hospitality charge if a client is displeased with the food or service.

But evidence suggests people don't vary their tipping much whether they've received good or bad service, says von Massow. "It's a social norm. We just do it anyway."

In the history of gratuities, "tips" was an acronym for To Insure Prompt Service.

"When it began originally, I believe it was in the U.K., the tip was paid before the meal, so you gave the server a little bit of money just to make sure you got good service, then it evolved to coming after the meal," says von Massow.

"In fact, most of Europe has moved away from tipping even though that's where it began. It's deeply rooted here."

THE CANADIAN PRESS

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JOHANNA SCHNELLER WHAT I'M WATCHING

Startling sound leaves us gasping for more



Music, directing, writing and acting come together in Brit Marling's *The OA*. CONTRIBUTED

THE SHOW: *The OA*, Season 1, Episode 5 (Netflix)
THE MOMENT: The gasp (spoiler alert)

The *OA* (Brit Marling) and four others who've had near-death experiences are being held prisoner in adjoining Plexiglas cells by Dr. Hunter Hap (Jason Isaacs), who's desperate to prove there's an afterlife. But one of his experiments goes too far.

In grief and defiance, *The OA* begins a series of movements she learned in the afterlife. In the next cell, Homer (Emory Cohen) joins in. (Music begins to play on the soundtrack.) The lights dim for night. The pair

continue moving in the dark.

In the morning, Homer and the *OA* are still dancing. (The music changes.) Rachel (Sharon Van Etten) notices something in the next cell. (The music swells.) Homer and *The OA* dance. Suddenly, another character sucks in his breath.

Watching this in my office with headphones on, I sucked in my own breath so loudly that my dog, asleep at my feet, woke up barking.

This series is impossible to describe. Essentially, it's about goodness, but it's all tone and mood.

The plot sounds absurd unless you're inside its spell. This is possible only because the

creators — Marling and her frequent collaborator Zal Batmanglij write it, Marling stars in it, and Batmanglij directs — were able to realize a unified vision.

With most art, you aim for greatness and then accept when it eludes your grasp.

Here, Marling and Batmanglij create a perfect moment where writing, acting, direction and music come together in a way that's both startling and inevitable. That gasp is the rare sound of getting it right.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

ORDER OF CANADA

Tagaq is not into 'happy art'

As Canada enters a year marked by national birthday celebrations and the beginnings of an inquiry into the country's past, sordid treatment of its indigenous peoples, Nunavut-based throat singer Tanya Tagaq Gillis hopes her music will open minds and lead to change.

So far, though, she's been confronted by some closed ones — people who send her hate mail over how her art form breaks from tradition.

At home in the North, Tagaq Gillis, who is among the latest list of 100 Canadians to be awarded the Order of Canada, sees herself just like anyone else.

"I'm a very peaceful, lasagna, Betty Crocker mom when I'm not on stage," Tagaq Gillis said. But in the spotlight, her per-



Tanya Tagaq Gillis was among 100 awarded the Order of Canada. SIX SHOOTER RECORDS

sona can be dark and her music an intense ballet, often with psychedelic undertones and animalistic fury.

"I'm not into happy, pretty, sweet art that I can eat with a spoon," said Tagaq Gillis.

Sometimes her art comes in the form of a statement of outrage over things like the sexual abuse that has permeated some indigenous communities and society's worship of oil and material wealth.

"There's a correlation between the sounds that I am making that are 'strange or ugly' and rampant child abuse in Nunavut," said Tagaq Gillis, who said she gets much inspiration from other contemporary artists. She mentions entertainer Britney Spears and conceptual portrait photographer Cindy Sherman. "You have to be able to put those two things together," she said.

"I'm trying to bring awareness to certain situations without lending ourselves to objectification." THE CANADIAN PRESS

TELEVISION

Dispute over Carey's meltdown

Dick Clark Productions is hitting back against Mariah Carey's claim it sabotaged her live performance on its New Year's Rockin' Eve special.

Carey's disaster during the annual New Year's Eve special in Times Square made international headlines: The superstar vocally stumbled through her short set, failing to sing for most of it despite a pre-recorded track of her songs playing in the background.

Carey was visibly upset during the performance and afterward tweeted "(expletive) happens." Her representative Nicole Perna blamed technical difficulties, and in an interview with *Billboard* she said Dick Clark Productions hampered Carey's performance.

"She was not winging this moment and took it very seriously," Perna told *Billboard*. "A shame that production set her up to fail."

Perna said Carey's earpiece wasn't working and she flagged the issue to the production team but was told it would be OK when she got on stage.

"However, that was not the case, and they were again told that her earpiece was not working," Perna said. "Instead of endeavouring to fix the issue so



Mariah Carey and her team of dancers endured a mortifying New Year's Eve performance. EUGENE GOLOGURSKY/GETTY IMAGES

that Mariah could perform, they went live."

In a statement released on Sunday, the production company called such claims "absurd."

It said that in "very rare instances" there are technical errors that can occur with live television. It said an initial investigation, however, indicated it had no involvement in the challenges associated with Carey's performance.

"We want to be clear that we have the utmost respect for Ms. Carey as an artist and acknowledge her tremendous accomplishments," it said.

A person familiar with the production of the show who

asked for anonymity to speak publicly about the incident said all of the other performers, including Gloria Estefan, rehearsed onsite for their performances and Carey was there but had a stand-in for her rehearsal, atypical for the show's performers. The person said all of the monitors were working and no technical problems were found.

Perna later disputed the claim that Carey did not rehearse.

"Mariah did in fact rehearse at 3 p.m.," Perna said. "She went through vocals and her team ran through sound. All was well at rehearsal. She was prompt for rehearsal and her performance."

THE ASSOCIATED PRESS

Vera

Domestic Short Hair

What's that sound? As soon as you walk into the adoption room at the Dartmouth Shelter you can hear this rumbling and tumbling! Oh, it's just Vera! She will roll all over the floor of her kennel in hopes you will come play with her. She is a sweet girl at the young age of 2. Vera was transferred to the Dartmouth Shelter from another SPCA location. We do not have too much information about her past. We do know that she would love to go to a home where she has someone to play with! Vera needs to burn some energy during the day so when the day is done she can snuggle in her humans lap. Do you think Vera sounds like the girl for you?



For more information on Vera and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

Roger Federer returned from six months on the sidelines with a knee injury to beat Dan Evans 6-3, 6-4 on Monday at the Hopman Cup



Matthews on pace for historic rookie season

NHL

Teen's stats compare to those of legends in first years

If he keeps this up Auston Matthews will finish with one of the best rookie seasons the NHL has ever seen.

The Toronto Maple Leafs 19-year-old sensation scored twice, including the overtime winner, in Sunday's Centennial Classic and now leads all first-year players with 20 goals and 32 points through 36 games.

The No. 1 pick of the 2016 draft is currently on pace for 46 goals, a mark reached by only six rookies in NHL history — Alex Ovechkin's 52 in 2005-06 the most recent in a mostly Hall-of-Fame group that includes Teemu Selanne (76), Mike Bossy (53), Wayne Gretzky (51), Joe Nieuwendyk (51) and Blair MacDonald, who was 26 years old when he tallied 46 for Edmonton.

Matthews accomplishing the feat might be more impressive.

Everyone on that group, save Gretzky, was older than Matthews as a rookie. And Matthews is performing in an era when the goalies are much bigger and better and scoring is down substantially.

When Selanne tallied 76



Auston Matthews' 20th goal of the season was the game-winner in the Maple Leafs' 5-4 victory over the Red Wings in Toronto on Sunday. BERNARD WEIL/TORSTAR NEWS SERVICE

goals for the Winnipeg Jets, for example, teams were averaging 3.63 goals per game with an average save percentage of .885. Today, the average is 2.73 goals per game with an average save percentage of .914.

Matthews isn't making it rain on the power play as Ovechkin did with Washington, when power-play opportunities rose

“He's got a skillset that allows him to do things that a lot of other people can't do.”

Morgan Rielly

substantially amid rule changes following the 2004-05 lockout. The Russian winger scored 21 of his 52 goals with the man advantage, while adding 28 markers at even-strength.

Ovechkin finished with over 450 minutes of power-play time. Matthews is currently on pace for just over 220 with clubs averaging almost three fewer

3.7

The number of shots Matthews takes per game. He is also scoring on 15 per cent of his shots.

power plays per game.

Matthews is actually on track for the second-most prolific rookie scoring season at even-strength. He's on pace right now for 39 even-strength goals, which would trail only Selanne's 52. The Great One himself had 37.

Eric Lindros, also 19 for Philadelphia in the 1992-93 season, scored 32 goals at even-strength in only 61 games, but did so in a league with more offence and power plays and substantially worse goaltending.

For Matthews to reach these heights in this era at this age, again, makes his potential feats all the more striking.

“I don't think I'm surprised any more,” Zach Hyman, Matthews' season-long linemate, said. “When you have a shot like he does and his skill set, where he's able to get open, and when you take as many shots as he does — it's hard to get that many shots and he's able to generate tons of shots.”

“With his shot, he's going to score a lot of goals.”

THE CANADIAN PRESS

IN BRIEF

Broncos coach Kubiak chooses health over job

Denver Broncos coach Gary Kubiak stepped down from his dream job on Monday because of health concerns, saying “the



Gary Kubiak
GETTY IMAGES

demands of the job are no longer a good fit for me.”

Kubiak missed a week of work in October

after suffering a complex migraine, his second health scare in three years.

THE ASSOCIATED PRESS

Duke's Coach K slated for time off after back surgery

Hall of Fame Duke basketball coach Mike Krzyzewski is stepping away from the team to have lower back surgery.

The school announced Monday that the procedure is scheduled for Friday, with an anticipated recovery time of four weeks. Krzyzewski, 69, will coach Wednesday night's game against Georgia Tech before handing off to associate head coach Jeff Capel. THE ASSOCIATED PRESS

Liverpool's winning streak ends with 2-2 draw

Jermain Defoe denied Liverpool a fifth successive English Premier League win by scoring twice to give struggling Sunderland a 2-2 draw on Monday.

Liverpool is in second place, five points behind Chelsea, which can pull eight points clear with a victory at Tottenham on Wednesday.

THE ASSOCIATED PRESS

Trojans conquer Nittany Lions with late rally

Matt Boermeester kicked a 46-yard field goal as time expired, and No. 9 Southern California rallied from a 14-point deficit in the fourth quarter for a spectacular 52-49 victory over No. 5 Penn State on Monday night in the highest-scoring Rose Bowl ever played.

Freshman Sam Darnold passed for 453 yards and five touchdowns in leading the jaw-dropping comeback.

THE ASSOCIATED PRESS

WORLD JUNIORS

Canucks bounce Czechs out of tournament



Team Canada's Thomas Chabot celebrates his second-period goal on Monday night in Montreal. MINAS PANAGIOTAKIS/GETTY IMAGES

Mitchell Stephens returned from injury to score a goal and set up two more as Canada downed the Czech Republic 5-3 in a quarter-final on Monday in Montreal at the world junior hockey championship.

Julien Gauthier, with two, Blake Speers and Thomas Chabot also scored for Canada, which advanced to a semifinal on Wednesday against Sweden. The Swedes downed Slovakia 8-3 in their quarter-final.

David Kase gave the Czechs the first-period lead. Kelowna Rockets forward Tomas Soustal

+ ON MONDAY

QUARTER-FINALS

Russia 4, Denmark 0
Sweden 8, Slovakia 3
U.S. 3, Switzerland 2
Canada 5, Czech Rep. 3

RELEGATION ROUND

Finland 2, Latvia 1

got one in the second frame and Simon Stransky of the Prince Albert Raiders scored in the third for the Czechs, who were eliminated.

Stephens missed Canada's last two games with an undisclosed injury, but the Tampa Bay Lightning prospect showed no ill effects in a game Canada dominated 41-19 in shots.

Fans at the Bell Centre groaned as Soustal used a toe drag on a rush to get around Noah Juulsen and score at 8:53 of the second, but Chabot restored Canada's lead at 3:2 when he stickhandled through the defence and scored from the slot at 13:32.

Gauthier sealed the victory with a pair of third-period goals.

THE CANADIAN PRESS

MAKE IT TONIGHT

Spicy Curried Pumpkin Soup



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

We've packed this soup with vitamin-rich pumpkin, spices and creamy coconut milk.

Ready in 40 minutes

Prep time: 30 minutes
Cook time: 10 minutes
Serves 4

Ingredients

- 1 or 2 plugs of olive oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 tsp ginger, minced
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp curry powder
- 1 tsp salt
- 1 x 14 oz. pumpkin purée (not pie filling!)
- 2 cups low-sodium vegetable or chicken stock
- 1 cup water
- 1 x 14 oz. coconut milk (Try lite for all the flavour and less fat)

Directions

1. Warm olive oil in a large pot over medium heat. Add onions and garlic until they soften. Now add spices and let cook a few minutes. Keep stirring so they don't start to stick to the bottom of your pot.

2. Empty pumpkin purée into the pot and give it a mix with the onions and spices. Now add stock, water and coconut milk. Let simmer about 20 minutes, stirring occasionally. Don't let it get too hot or the coconut milk may split.

3. Turn off the heat and allow the soup to cool a bit before either putting into the blender in batches to purée or just giving a whiz with a submersion blender. Warm again and serve.

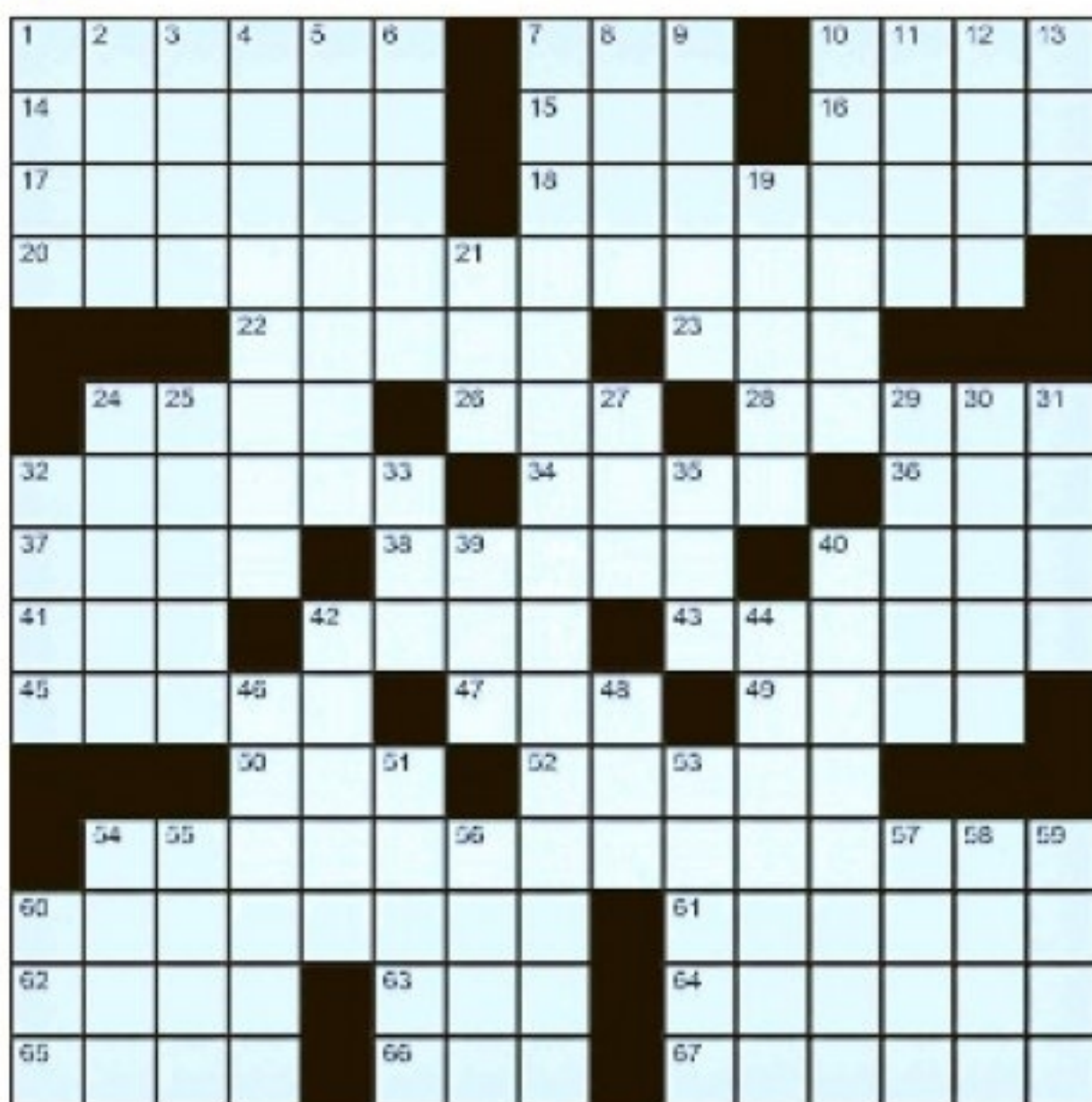
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Lorraine of "Rizzoli & Isles"
- And so forth [abbr.]
- Niagara-on-the-Lake theatre festival
- Lucy Maud Montgomery's gig
- Bucharest money
- Skier's one-of-two
- Trickiest
- Town in central Alberta
- Taking the stairs instead of the escalator when possible, having an apple instead of apple pie, etc.: 2 wds.
- Anteater's nozzle
- Traveller's way, briefly
- Vintage arcade game, ___ Ball
- "Hello" singer's initials-sharers
- No ___ Salt (Food label info)
- Shaped like a box
- 'Alphabet' suffix
- Cubed food flavouring brand
- Some sea birds
- Desi Arnaz's actress daughter
- Montreal 'honey'
- "House" actor Mr. Penn
- Prince Charles, some day
- Putter's positioning
- Playwright's production place
- Match
- Down Under boots
- Tolkien creature
- Dick ___ Jr. (Canadian broadcasting legend)



- They're quite helpful in making Resolutions turn into realities: 2 wds.
- 'Canada's Victorian Oil Town', located in southern Ontario near Samia
- Figure*off/speech
- Shield border

- Person in command [abbr.]
- Capital of Kansas
- Podium
- French language possessive
- "___ House" (1978)

DOWN

- Big party

- Sporting guideline
- "Right back ___" (Same to you!)
- Bill and Hillary's daughter's namesakes
- Kevin of "Field of Dreams" (1989)
- Prefix to 'dontist'

- (Teeth specialist)
- Instruments in Randy Bachman's collection: 2 wds.
- High-___ (Electronically advanced)
- "My Fair Lady" (1964) director George
- Made the recipe 'hot'

- Digger's creation
- Shakespeare play title-starter
- Mini
- St. ___ (District of Winnipeg)
- Montreal airport code
- Gym movement for legs
- "___ Fran and Ollie"
- Biology, e.g.
- Faring
- Business big-wigs, briefly
- Chiquita's competitor
- ___ Fifth Avenue
- Inventor Mr. Whitney
- Ancient bronze money
- Cologne conjunction
- Hawaii-set crime/action show of '80 to '88: 2 wds.
- The Way of the Sword
- Collegiate cost
- Styles
- 'Bit' of breakfast
- Driving costs
- Panorama
- Michael of "Juno" (2007)
- Mythical Hun king
- Military assistant
- Carpe ___ (Seize the day!)
- Betty White's "Hot in Cleveland" character
- Sigil
- Pocket-full-of-peas

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day to wrap up old business with bosses, parents and VIPs. In fact, you will be surprised at how quickly this can be done.

Taurus April 21 - May 21
You will be pleased to know how fast you can finish school papers or writing projects. That's because it's the perfect day to "finish" things.

Gemini May 22 - June 21
During a discussion with others, you can wrap up loose details about taxes, debt, insurance issues, shared property and inheritances. It's a good day to get these things done.

Cancer June 22 - July 23
Conversations with partners and close friends will be pleasant and practical at the same time today. Fortunately, all parties are interested in getting things done.

Leo July 24 - Aug. 23
You can expect to be involved with your job in a hands-on way today. Roll up your sleeves and dig in, because once you make the effort, you will be pleased with the results.

Virgo Aug. 24 - Sept. 23
If you write, act, teach or work in the arts, you will be creative today. You will see how to present things in the most attractive way possible.

Libra Sept. 24 - Oct. 23
Family discussions, especially about home repairs or practical matters, will go well today. People are friendly and co-operative. What more could you want?

Scorpio Oct. 24 - Nov. 22
This is a strong day for writers, actors and teachers, as well as sales and marketing professionals, because your speech will be charming.

Sagittarius Nov. 23 - Dec. 21
Business and commerce are favored today, which is why you should respect your money-making ideas. If out shopping, you will want to buy beautiful things for yourself and loved ones.

Capricorn Dec. 22 - Jan. 20
You might run into someone from your past today. If so, the conversation will be pleasant, although a bit superficial. This is not surprising, is it?

Aquarius Jan. 21 - Feb. 19
Someone younger might have bright ideas about how to boost your income or spend your money on a meaningful purchase. It never hurts to listen, does it?

Pisces Feb. 20 - March 20
A conversation with a boss or parent will go well today. People want to help you, and you are ready to say "yes."

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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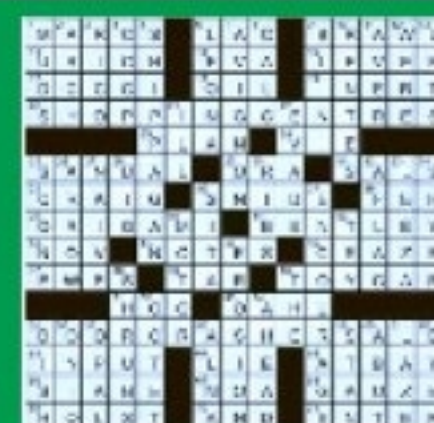
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